

THE

CHOICES MARKET



# HEARTBEET

September 2025

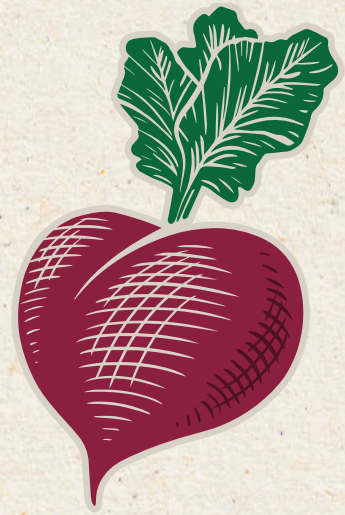
## DISCOVER PEARS

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## September is a big month for many of the Choices Market stores in your communities!

### **Choices South Surrey is turning 20!**

We'd like to thank our customers for supporting us and letting this store become the successful story it is today.

### **Choices Kelowna is turning 18!**

We'd like to thank all our loyal customers for shopping at our first ever location outside of the Metro Vancouver area. Without you, our store wouldn't have become the flourishing centre of the community it is today.

### **Choices Abbotsford is turning 10!**

Special thanks to all of our customers in the Fraser Valley that make this store such a wonderful part of the community.

### **Choices North Vancouver is turning 9!**

This store on the beautiful north shore is a star and an active member of the community.

Stay tuned to our social media and website for more info on how we'll be celebrating at each of these locations, including anniversary sales!



CHOICES  MARKET

## WHAT'S IN SEASON THIS MONTH

### **September Veggies**

Artichokes, Beans, Beets, Brussels Sprouts, Corn, Celery, Cucumbers, Fennel, Kale, Leeks, Peppers, Tomatoes

### **September Fruits**

Apples, Blueberries, Grapes, Melons, Plums, Pears





# SEMINARS

Brought to you by:  
**THE WELLNESS HUB**  
AT CHOICES MARKET

## NOURISHED BY THE LAND: TRADITIONAL FOODS AND WELLNESS IN INDIGENOUS BC COMMUNITIES

*Hosted by: Rachel Greening, RD*

Join our Choices Nutrition Team as we welcome esteemed registered dietitian, Rachel Greening, to highlight the vast cultural, nutritional, and environmental benefits to traditional Indigenous foodways. This session invites you to learn, listen, and reflect on the powerful connection between land, culture, and nourishment.

**SEPT.  
18**

**6:30pm - 8pm**

**ONLINE**

*Free Event*



**REGISTER ONLINE AT [CHOICES.MARKET/EVENTS](https://choices.market/events)**



**OR SCAN THE QR CODE  
TO REGISTER**



**SEPT.  
25**

**7pm - 8:30pm**

**IN-STORE  
KITSILANO**

*Free Event*

## LEADING WOMEN IN WELLNESS: AN EVENING WITH AERYON WELLNESS & REVOL CARES

*Hosted by: The Choices In-Store Nutritionists*

Join two trailblazing women in Canada's wellness space—Sara Jónsdóttir of Revol Cares and Aeryon Ashlie of Aeryon Wellness—for an intimate conversation on entrepreneurship, impact, and women's health. This inspiring evening offers honest insights, real stories, and a chance to engage directly with two leading female founders.





# Xaxli'p Salmon (Seaweed Crusted Salmon)

From: Chef David Wolfman, Xaxli'p First Nation

## INGREDIENTS

### Salmon:

- 2 Salmon Coho filets (other varieties could work)
- 1/4 tsp Crushed black peppercorns
- 1/4 tsp Smoked paprika
- 1/4 tsp Smoked salt (sea salt could also work)

### Crust:

- 1/4 cup Crushed bran flakes (we used Nature's Path Multigrain Bran Flakes)
- 1 tbsp Dried North West Coast seaweed, finely chopped (we used Eden Sushi Nori)
- 1/2 tbsp Pine nuts, roasted and chopped
- 1/4 Lemon zested
- 1/2 tsp Coarse salt


### Glaze:

- 1 Egg white
- 1 tbsp Butter, melted
- 1 tsp Dijon mustard
- 1/2 tbsp Maple syrup

## INSTRUCTIONS

1. Preheat the oven to 350 F.
2. Season the salmon with pepper, paprika and salt on a parchment lined baking sheet or cast-iron pan and let stand for 30 minutes.
3. In a blender, combine the bran flakes, seaweed, and nuts. Pulse a couple of times and add lemon zest and coarse salt.
4. Prepare the glaze for the salmon by whisking together the egg whites, mustard, butter and maple syrup in small bowl. Brush the glaze over the top of each piece of salmon.
5. Evenly coat the top of each salmon filet with the seaweed crust.
6. Bake fish for 10 to 15 minutes, depending on the thickness of the filets – a good rule of thumb is to bake 8 minutes per inch of thickness at the thickest part of the fish filet.
7. Serve immediately and enjoy!





# PEARS

BY CHEF ANTONIO

**P**ears, just like their more popular cousin, the apple, have been a big part of the human diet for millennia. Historic documents from 2000 BCE show that we were eating pears back then in China as well as the Mediterranean basin. There are thousands of varieties grown worldwide.

We associate pears with an elongated shape and a larger lower part. In many languages, pear shaped is a common way to describe something! Turns out, it's not completely accurate. Pears can also be round, just like an apple, often referred to as Asian pear.

The pacific northwest, Okanagan, Similkameen as well as parts of Ontario and Nova Scotia produce 80% of North American pears. The colour may differ from variety to variety, from faint yellow to dark green, from bronze brown to bright red.

The harvest in BC usually begins in late August and carries on into the fall. Just like apples, pears, if harvested when fully mature but not fully ripened, can be stored in atmosphere-controlled environments for all of winter and into spring. Pears are sensitive to ethylene gas, produced by fruit like bananas and avocados. Storing them in close proximity will speed up the ripening process.

Highly digestible and rich in vitamins and minerals, a lot of pear nutrients are found in its skin. Therefore, I strongly suggest consuming organic pears so you can eat the whole fruit without worry. Like most fruits, pears are a fantastic ingredient in tons of recipes. Sweet or savory salads are always a fresh, seasonal option. Pears are particularly great with cheese, and the classic pairing is with blue cheeses. Poached pears, enriched with sugars and spices, are another classic of western cuisine. Tarts, flans, pie and strudel can all be a pears best friend. Pear and ginger chutney just as an example, can be used on your cold roast, rice dish, samosa, or anywhere you wish. Use pear in sweet and sour dishes with your choice of favourite protein. Why not veg curry, fresh salad rolls, or even spring rolls? Thin sliced pears on a pizza with gorgonzola could become a new favourite. Delicious, versatile and nutritious, you could say this fruit is absolutely pear-fect.



## PEAR FACTS:

### *Pear Family:*

**Pears are part of the Rosaceae family, which also includes apples, cherries and roses.**

### *Health Benefits:*

**Pears are a good source of dietary fibre, vitamin c and potassium.**

### *Varieties:*

**Some common pear varieties include Bartlett, Anjou and Bosc.**

### *Growing Pears:*

**Unlike many other fruits, pears ripen better off the tree. Pears thrive in temperate climates with cold winters and warm summers, like BC.**



CHEF ANTONIO

**Chef Antonio's** delicious creations are made fresh and on sale every day in the Choices Deli.

Pick something up today for a quick lunch or a meal for the whole family.





# Roots and Resilience:

## A Look at Traditional Indigenous Foods in BC

*By: Chris Culhane, RD(t), Alongside the First Nations Health Authority*

As a non-Indigenous dietitian with family ties to the Namgis First Nation, I approach this topic with humility and deep respect. This article is intended to raise awareness, honour cultural knowledge and encourage reflection—especially as we approach the National Day for Truth and Reconciliation on September 30. I'm very grateful for the First Nations Health Authority and their support and input on this article.

From medicine to ceremony, nourishment to clothing, traditional Indigenous foods in BC represent a powerful relationship between people and the land. These foods are not just sustenance—they are part of spiritual and cultural identity, family knowledge and collective resilience. This month is an opportunity to reflect on the profound impact of residential schools, while also acknowledging the strength and wisdom of Indigenous communities.

It's important to recognize that Indigenous nations across BC are diverse, with distinct cultures, languages, ecosystems and food traditions. What is harvested, gathered, hunted or fished varies by location, season, family practice and nation. Below is an introduction to just a few elements of these rich and varied traditional foodways.

### 1. Seafood

BC's coasts, rivers, lakes and streams are home to over 50 species of fish and 30 types of edible marine life. For example, roasted sea cucumbers are enjoyed among the Heiltsuk Nation, eulachon oil has been a highly prized trade item for thousands of years and fish heads are used as a healing remedy by the Gitksan people. These practices reflect generations of deep ecological knowledge.

Common fish such as salmon, halibut, cod, trout and walleye provide B vitamins, protein, vitamin D and omega-3 fatty acids—important for immune function, nervous system health and cellular repair.



Other nutrient-rich options include crab, prawns, clams, oysters, scallops and octopus. Whether cooked, raw or dried, many of these seafoods are high in protein, iron and B vitamins and remain important to both cultural practices and physical wellness.





## 2. Game Meats

Wild meats such as moose, deer, elk, duck and rabbit are harvested across the province, particularly in the Interior and coastal regions. Hunting seasons—such as September for moose and deer—are respected and embedded in traditional knowledge systems.

Compared to farm-raised meats, many wild game meats are higher in protein and iron and lower in saturated fat. They are also often excellent sources of B vitamins, making them nutritionally dense and valued in traditional diets.

## 3. Plants

Roots, berries, leaves, flowers and seaweeds are not only foods but are also used in medicine, ceremony, clothing, art and healing. Stinging nettle tea is used for inflammation, sage for spiritual practices and cleansing and soapberries are whipped into a frothy dessert; red laver seaweed, especially when dried, offers vitamin A, vitamin C, iron and protein—and is cherished by coastal communities for its flavour and nourishment.



Although I am still learning, I'm grateful to have guidance within my family. My great uncle, Chief Wedlidi Speck, of the Namgis First Nation in Alert Bay, is Head Chief of the Gixsam namima (clan) of the Kwagul tribe and is connected to the Kwakwaka'wakw, Nuuchahnulth and Island K'omoks peoples. His leadership and cultural teachings inspire me to approach this topic with humility and care.

I also want to acknowledge Suzanne Johnson, RD, whose work with the First Nations Health Authority provided a foundational source for this article. Her Traditional Food Fact Sheet is a must-read for anyone seeking a more in-depth, culturally grounded overview of traditional foods in BC.

To learn more about the National Day for Truth and Reconciliation and how to participate in meaningful events around BC, visit the National Centre for Truth and Reconciliation at [nctr.ca](http://nctr.ca).

Choices Market acknowledges that our stores operate on the traditional, ancestral and unceded territory of the Katzie, Kwantlen, Kwikwetlem, Matsqui, Musqueam, Okanagan syilx, Qayqayt, Qualicum, Semiahmoo, Sna'waw's, Squamish, Sumas, Tsawwassen and Tsleil-Waututh First Nations.

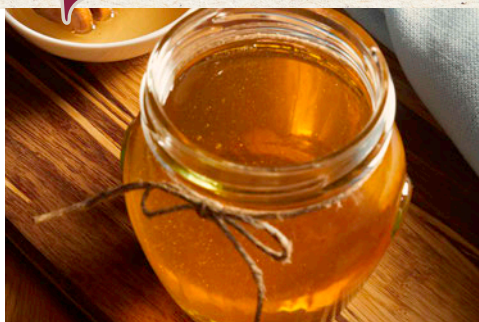




# PREFERRED SHOPPER SPECIALS

## SEPTEMBER 1 - 15 ONLY!

Become a Preferred Shopper today.  
**DISCOVER SAVINGS & EARN POINTS**  
Ask us for details in store.



**Wedderspoon Raw Manuka Honey KFactor 12**  
250g

**\$23<sup>99</sup>**

Raw, unpasteurized, non-GMO Project verified honey.



**Olympic Organic Yogurt**  
Selected Varieties, 1.75 kg

**\$13<sup>49</sup>**

Olympic yogurt is made by good people with a west coast spirit that's pure BC.



**Happy Planet Creamery Organic Grass Fed Milk**  
2%/3.5%, 1.5 Litres

**\$6<sup>99</sup> / \$7<sup>69</sup>**

Plus Deposit,  
Recycling Fee  
Where Applicable

Creamy, tasty and refreshing with cereals, in cooking or simply poured in a glass!



**Wedderspoon Raw Manuka Honey KFactor 12**  
250g

**\$23<sup>99</sup>**

Raw, unpasteurized, non-GMO Project verified honey.



**Traditional Medicinals Organic Tea**  
16 Bags

**\$5<sup>99</sup>**

Seasonal wellness. Naturally caffeine free.



**Earth's Own Oat Beverage**  
Selected Varieties,  
1.75 Litres

**\$4<sup>99</sup>**

Plus Deposit,  
Recycling Fee  
Where Applicable

Grown using 7x less water than almond or cow's milk.



**Bob's Red Mill Organic Steel Cut Oats**  
680g

**\$6<sup>49</sup>**

A bowl of whole grain oatmeal starts you off right and keeps your hunger at bay.



**Prana Organic Granolove Cookies or Granola Bars**  
120g

**\$3<sup>99</sup>**

A guilt-free gourmet pleasure that satisfies your morning and snack cravings with each delicious bite.



**Kettle Brand Potato Chips**  
Family Size, 368g

**\$5<sup>99</sup>**

Our Natural Promise. NON-GMO project verified Gluten Free Since 1982.

## DISCOVER LOCAL, ORGANIC AND SPECIALTY FOODS TO NOURISH YOUR BODY AND MIND



**Caboo Bamboo Bathroom Tissue**  
12 Rolls

**\$9<sup>99</sup>**

Made from sustainable bamboo.



**Alter Eco Organic Chocolate Bars**  
75g - 84g

**\$3<sup>99</sup>**

This chocolate bar is made of organic, clean ingredients: no fake sugars or additives.



**Quesava Poppers, Samosas or Perogies**  
210g - 240g

**\$6<sup>99</sup>**

Mostly plants. Simple ingredients. Feed your tribe. Best enjoyed with dips, sauces, soups and salsas.



**Plumm Good Organic Brown Rice Thins**  
95g

**\$3<sup>49</sup>**

Organic, whole grain, gluten free, wheat free, nut free, fat free.





# PREFERRED SHOPPER SPECIALS

**SEPTEMBER 16 - 30 ONLY!**

Become a Preferred Shopper today.  
**DISCOVER SAVINGS & EARN POINTS**  
Ask us for details in store.



PRODUCT OF CANADA



**Only Goodness Organic Oats**  
Quick or Old Fashioned Rolled Oats, 1 kg

**\$5.49**

High source of fibre. Ready in 1-3 Minutes.



**Olympic Organic Yogurt**  
Selected Varieties, 650g

**\$5.49**

We only use 100% natural source ingredients and fresh milk from cows who live in BC.



**Freelym Oat Bars or Cookies**  
135g & 154g

**\$3.99**

Our passion is to make delicious and inclusive snacks.



**Bioitalia Organic Juice**  
750 mL

**\$6.49**

Plus Deposit, Recycling Fee Where Applicable

No sugar added. Not made from concentrate. Certified organic.



**49<sup>TH</sup> Parallel Organic Coffee**  
Whole Bean, 340g

**\$18.99**

Beyond delicious coffee, with a focus on sustainability. Packaging made of 60% plant-based material.



**Ritter Sport Chocolate Bar**  
Selected Varieties, 100g

**\$4.49**

100% certified sustainable cocoa sourcing.



**Pacific Foods Organic Soup**  
Selected Varieties, 946 mL or 1 Litre

**\$7.99**

At Pacific Foods, we're dedicated to making the most nourishing foods possible from simple, carefully sourced ingredients.



**Amy's Organic Chili**  
398 mL

**\$5.99**

Our Medium Chili is made from organic red beans and tofu in a thick and flavorful Mexican-style broth.

## NOURISHING LIFESTYLES SINCE 1990



MADE IN CANADA



**Nellie's Natural Laundry Soda**  
1.5 kg, 100 Loads

**\$21.99**

This highly concentrated formula dissolves quickly in cold or hot water.



**Hardbite All Natural Potato Chips**  
Gluten-Free, 150g

**\$3.69**

By cooking in small batches and using simple ingredients we ensure the highest quality flavour.



**Gardein Plant-Based Proteins**  
Selected Varieties, 190g - 390g

**\$7.49**

Our Plant-Based Chick'n Strips are the beginning of your favourite meals.



**Kühne Sauerkraut or Baby Beets**  
500 mL - 796 mL

**\$5.49**

Traditionally fermented for authentic flavour.





## Are you looking for healthy variety in your diet?

Let the Choices Nutrition Team help.

Each month in our stores you'll find green labels on certain products, indicating our Dietitians' Top Choices.

### CHA'S CANNED FRUIT

Cha's offers a couple different canned fruit options at Choices. The Choices Nutrition Team specifically love their canned jackfruit as it can be a wonderful way to supplement more plant-based eating. Naturally low in saturated fat and sodium, and rich in fibre, it can support healthy blood pressure, reduce inflammation, and help lower cholesterol levels. It also has a great texture, easy to shred like pulled pork—making it perfect for tacos, curries, or BBQ sandwiches!



### BIG MOUNTAIN FOODS MEAT ALTERNATIVE

Packed with plant-based protein and made from Canadian fava beans, Big Mountain Foods products are a great option for people trying to eat more plant-based while navigating soy sensitivities or allergies—or anyone looking to shake up their routine. It's rich in fibre and iron, low in saturated fat, and naturally smoky, making it a heart-healthy, anti-inflammatory choice that fits easily into stir-fries, wraps, bowls, or the grill.

### PLUMS

Juicy, vibrant, and naturally sweet, plums are more than just a summer treat. They're rich in antioxidants, vitamin C, and fibre—all helpful for supporting digestion, immunity, and heart health. Enjoy them fresh, sliced into salads, blended into smoothies, or stewed into a simple compote."



### GARLIC

Small but mighty, garlic is a flavour-packed kitchen staple with big health perks. It has potential benefits in lowering high blood pressure, improving cholesterol levels, and supporting the immune system. Consider upping your garlic intake when cooking pastas, stir fries, dips, marinades, or anything that could use a little kick! This year, try BC Grown Organic Jumbo Red Russian Garlic from Kind-Hearted Farm Ltd., Mission, BC.





# Delicious Homemade Bannock

*From: BC Metis Federation Elder Betty Fisher*

Bannock is a simple, delicious and versatile bread known for its relatively quick preparation time, no requirement of yeast, and delicious and culturally significant roots. Fried or baked, Bannock is great to pair with cheese as a biscuit, eat with fresh fruit or jam as a dessert, or on its own!

## INGREDIENTS

<b>6</b>	Cups flour
<b>2/3 cup</b>	Vegetable oil
<b>3 cups</b>	Warm water or milk (or soy milk)
<b>3 tbsp</b>	Baking powder
<b>1-2 tbsp</b>	Butter
<b>1 tsp</b>	Salt

## INSTRUCTIONS

1. Preheat oven to 400F.
2. Mix dry ingredients thoroughly and make a well in the centre of the bowl, adding vegetable oil and warm water or milk
3. Slowly draw the flour into the milk/oil mixture and combine fully
4. Turn out dough onto a floured counter and knead to ensure the dough is not sticky; do not over knead .
5. Place Bannock onto a greased baking dish or pie plate. Take a fork and prick the Bannock to allow steam to escape
6. Bake until golden brown. Brush lard or butter on the top and cool on a cooling rack





# WELLNESS CENTRE SPECIALS

## SEPTEMBER 1 - 15 ONLY!

Become a Wellness Shopper today.  
**DISCOVER SAVINGS & EARN POINTS**

Ask us for details in store.



**MegaFood  
MultiVitamins**  
Assorted  
Varieties & Sizes

### 20% OFF

Premium supplements made with nutrients and real food from trusted farm partners.



**Renew Life  
Probiotics**  
Assorted  
Varieties & Sizes

### 15% OFF

Renew Life® offers a full line of health product supplements encompassing digestive health options like quality probiotics, fibre, fish oils, enzymes, and internal cleanses.



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Omega-3 Fish Oil  
Supplements**  
Assorted  
Varieties & Sizes

### 20% OFF

Great tasting, ultra pure omega-3 supports the maintenance of good health, cardiovascular health, cognitive and brain function. Sustainably sourced ingredients. Pure Check 3rd party test, 1% for the planet.



**Natural Factors  
Amino Acid  
Supplements**  
Assorted  
Varieties & Sizes

### 15% OFF

Enhances muscle recovery, energy, and immunity. As a free-form amino acid, it is more effective than the form obtained directly from food.



**Natural Factors  
Vitamin B  
Supplements**  
Assorted  
Varieties & Sizes

### 15% OFF

Natural Factors B12 Methylcobalamin is the biologically active form of vitamin B12, the form most readily absorbed into the body.



**Suro Elderberry  
Syrup**  
Assorted  
Varieties & Sizes

### 20% OFF

Traditionally used in herbal medicine to help fight colds, sore throats, coughs and fevers.



**Genuine Health  
Fermented Organic  
Vegan Proteins**  
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### 25% OFF

Protein that fuels your goals without slowing you down. Support lean muscle mass, muscle recovery, and feel fuller between meals without bloating.



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Immune  
Supplements**  
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Varieties & Sizes

### 20% OFF

SuperLysine+® lysine tablets are ideal for those who prefer vitamins with lysine to promote immune health.



**Jardine Naturals  
Essential Silver  
Products**  
Assorted  
Varieties & Sizes

### 15% OFF

The Canadian leader of silver supplements and with the fastest microbial kill rate.



**Derma E  
Face and Body  
Sun Care**  
Assorted  
Varieties & Sizes

### 30% OFF

Get glowing skin all over with these tips and tricks for choosing the perfect skincare products to suit your individual needs!



**Routine.  
Natural Deodorant**  
Assorted Varieties  
50g - 58g

### \$24.99

A deodorant that is not only natural, but more effective than conventional.



**Gabriel Natural  
Cosmetics**  
Assorted  
Varieties & Sizes

### 20% OFF

All products are made from 100% natural ingredients with no synthetic chemicals or animal by products.





# WELLNESS CENTRE SPECIALS

SEPTEMBER 1 - 15 ONLY!

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Ask us for details in store.



**Sisu Ester-C  
Supplements**  
Assorted  
Varieties & Sizes

**20% OFF**

#### Ester-C: The Better Vitamin C

- **24-Hour Immune Support:** Clinical studies show that Ester-C increases vitamin C levels in the body for up to 24 hours.
- **Quick Absorption:** Better absorbed and more bioavailable due to the active vitamin C metabolites only found in Ester-C.
- **Gentle on the Stomach:** Ester-C is non-acidic and gentle, making it gentle on the digestive system unlike regular vitamin C.
- **Backed by Science:** The patented Ester-C has been studied for decades and is better researched than all other buffered forms of vitamin C.



**New Roots  
Children's ADHD  
Balance**  
120 Chewable Softgels

**\$35<sup>99</sup>**

Formulated with high-quality omega-3 fatty acids and certified organic evening primrose oil, Children's ADHD Balance can play a foundational role in managing symptoms associated with ADHD in children. As an added benefit, it also helps support brain function as well as eye and nerve development.

The convenient, chewable softgels have a mild lemony taste, without sugar or artificial flavours. Each softgel contains 325 mg of potency-validated wild omega-3 fatty acids and 260 mg of certified organic evening primrose oil, which together provide a combination of EPA, DHA, and GLA shown to relieve symptoms of ADHD in children.



**Kidstar Nutrients  
Vitamins &  
Supplements**  
Assorted  
Varieties & Sizes

**20% OFF**

BeRegular™ contains prebiotic fibre to help support the gut microbiome and feed good bacteria. Boost your daily fibre intake with BeRegular Prebiotic Fibre with Probiotic Blend. BeRegular is unflavoured and dissolves completely in water. Great for all ages, from babies to seniors.

#### Benefits of BeRegular:

- Supports a healthy gut microbiome
- Provides prebiotic fibre, which is food for the good bacteria in your gut
- Very high source of fibre



**Vitality Vitamins  
& Supplements**  
Assorted  
Varieties & Sizes

**20% OFF**

Improve your energy and mood with Power Iron + Organic Spirulina. Starting with a high level of iron: 45 mg, plus key vitamins and organic spirulina to increase absorption and energy. VITALITY uses iron bisglycinate which is gentle on the stomach, well absorbed and non-constipating to help build blood, deliver oxygen through the body and to improve energy and mood.

VITALITY's Power Iron + Organic Spirulina has the highest quality ingredients and is sustainably sourced. All products are processed and third party tested in Canada. Our VITALITY line is vegan, gluten free, soy free, non gmo, and has no artificial flavours, colours or preservatives.



**Blume  
SuperBelly**  
Assorted Varieties  
Singles/Pack of 7

**\$1<sup>99</sup> / \$13<sup>49</sup>**

Gut health and hydration are interconnected and foundational to feeling your best. SuperBelly combines our love of superfoods with inulin fiber, trace minerals, fermented apple cider vinegar, and clinically studied probiotics that contribute to a healthy gut flora.

Bright, juicy, and tart, this water elixir comes together in no time. Add to cold water, shake with ice, and hit the road, plane, gym, or mat with intention.



**Genuine Health  
Stress with Saffron  
& Ashwagandha**  
60 Capsules

**\$38<sup>99</sup>**

Experience calmer, relaxed, and rested days. Our stress product is specially designed to help you manage and reduce common symptoms of stress, such as fatigue, tiredness, and irritability. Our formula contains saffron extract (affron®), a plant that has been used for thousands of years in traditional medicine for its calming properties. Saffron has been proven to regulate and enhance the body's natural response to stress. Each dose also contains ashwagandha, an adaptogen (stress reliever) (KSM-66 Ashwagandha®), as well as passionflower extract, to promote relaxation while encouraging restful sleep. With regular use, each capsule will help you cope with life's challenges more easily and build long-term resistance to the mental and physical symptoms that stress can bring.





# WELLNESS CENTRE SPECIALS

## SEPTEMBER 16 - 30 ONLY!

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Ask us for details in store.



**Organic Traditions  
Supergreens**  
Assorted  
Varieties & Sizes

### 20% OFF

The best supergreens powder for optimal daily health.  
Promotes healthy digestion from both PRE and PRObiotics.



**Organika  
Maca Products**  
Assorted  
Varieties & Sizes

### 25% OFF

Maca, the traditional Peruvian superfood,  
has been used for thousands of years to support  
healthy hormones and energy levels.



**Sproos  
Collagen  
Supplements**  
Assorted  
Varieties & Sizes

### 25% OFF

Our lifestyle-focused supplements and functional beverages  
are easy for busy individuals to incorporate into their daily  
lives and provide them with purposeful, clean and sustainable  
nutrition.



**Lean Fit Organic  
Protein Powders**  
Assorted  
Varieties & Sizes

### 20% OFF

LEANFIT® is sourced with high-quality protein and clean  
ingredients to deliver only what you need to refuel,  
recover, or balance your nutrition.  
It's simply great tasting protein that works!



**Omega Nutrition  
Pumpkin Seed  
Protein**  
600g

### \$26<sup>99</sup>

This Plant-Based Protein Powder provides health-minded  
consumers with an alternative to other ultra-processed  
protein powders on the market.



**Flora Digestive  
Enzymes**  
Assorted  
Varieties & Sizes

### 20% OFF

This formula was developed to address specific concerns  
as well as help maintain the overall health of your digestive  
system.



**A. Vogel  
Vitamins &  
Supplements**  
Assorted  
Varieties & Sizes

### 20% OFF

Clinically shown to help prevent and relieve the symptoms  
of upper respiratory tract infections (URTI) such as  
the common cold and flu.



**AquaOmega  
Omega-3 Fish Oil  
Supplements**  
Assorted  
Varieties & Sizes

### 20% OFF

Our Omega-3 EPA formula is up to 5x more concentrated  
than the other leading brand of high EPA products  
on the market.



**Prairie Doctor  
Ashwagandha**  
50 mL

### \$15<sup>99</sup>

Ashwagandha has traditionally been used in Ayurveda  
as Rasayana (rejuvenative tonic) to relieve general  
disability, especially during convalescence or old age and  
for memory enhancement.



**Sibu Sea Berry  
Therapy Facial Care  
& Supplements**  
Assorted  
Varieties & Sizes

### 25% OFF

Forged under extreme high-altitude conditions, our sea berry  
is power-packed with peak levels of omega-7.



**Anne Marie Borlind  
Facial Care  
& Cosmetics**  
Assorted Varieties  
50g - 58g

### 20% OFF

Cream peel with natural jojoba wax beads. Removes dead  
skin cells. Smooths rough areas in the case of blemished  
skin and regulates sebum production.



**All Fat  
Tallow Skincare**  
Assorted  
Varieties & Sizes

### 25% OFF

This gentle formula is crafted with 100% grass-fed tallow,  
organic cold-pressed jojoba oil, and organic lavender  
essential oil to provide calming relief and deep hydration.





# WELLNESS CENTRE SPECIALS

## SEPTEMBER 16 - 30 ONLY!

Become a Wellness Shopper today.  
**DISCOVER SAVINGS & EARN POINTS**

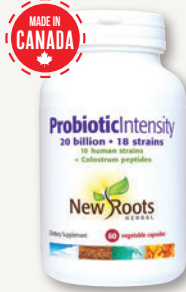
Ask us for details in store.



**Salus  
Floradix-Kindervital  
Multivitamin**  
250 mL/500 mL

**\$23<sup>99</sup> / \$39<sup>99</sup>**

Floradix-Kindervital is a delicious food supplement for children providing vital calcium and vitamin D which are needed for normal growth and bone development. Floradix-Kindervital contains several fruit juice concentrates and selected herbs for a pleasant, slightly malty, taste. Floradix-Kindervital contains no alcohol, preservatives, colourings or artificial flavourings. It is lactose free and suitable for vegetarians.



**New Roots  
Probiotics**  
Assorted  
Varieties & Sizes

**20% OFF**

New Roots Herbal is a pioneer in probiotics, with an extensive selection of daily use and condition specific formulas, featuring scientifically researched probiotic strains. Results driven formulas are only as effective as their delivery method. This inspired the development of the exclusive GPS™ natural enteric coating. It keeps harsh stomach acid from seeping into the capsule and protects it from disintegrating in your stomach. This safeguards the delicate probiotics and preserves their viability until they reach the safety of your intestines! Once there, the capsule releases live, healthy, colony forming probiotics, which get to work on improving your gut health!



**Nutramin  
Zero Sugar  
Vitamin Gummies**  
Kids or Adults  
Pack of 90

**\$23<sup>99</sup>**

Introducing Nutramin multi vitamin gummies for adults and children. Proudly Canadian, always vegan, sugar free and tastes great! Nutramin gummies are also free from your top 14 allergens and formulated to support your overall health with high-quality ingredients-apple pectin, organic stevia leaf and real fruit for flavouring. Nutramin is a must-have addition to your daily routine to boost your immune system, aid in healthy metabolism, enhance cellular defence and strengthen bones, hair, and nails. Nutramin has you covered. Pick up your bottle of Nutramin at Choices today and take the first step towards a healthier, happier you!



**Plumpp  
Irish Sea Moss**  
40g/120g

**\$10<sup>99</sup> / \$27<sup>99</sup>**

Upgrade your immune system with critical minerals through a daily dose of this unprocessed, natural, straight from the ocean superfood! Can be applied topically or ingested. Anti-inflammatory properties make sea moss excellent for dry & sensitive skin, providing relief from symptoms of rashes, eczema and psoriasis. Prep with a rinse, soak, strain and blend. Make a full batch and keep in the fridge or freezer, adding to your daily shake or taking it straight up.



**Revol Cares.  
Period Underwear**  
Assorted  
Varieties & Sizes

**20% OFF**

Our daytime Bikini Brief offers super absorbency and is the perfect style for everyday wear for periods, postpartum, and light bladder leaks. Made with our ultra soft and breathable bamboo ribbed fabric, they offer up to 12 hours of protection and can hold up to 40 ml - that's 5 SUPER tampons/pads!

Leakproof underwear that:

- Banishes leaks for good.
- Is sexy, soft, and comfortable.
- Looks and feels amazing on every body at any size.
- Is toxin-free, ethically-made, and environmentally sustainable.



**Beekeeper's Natural  
Supplements**  
Assorted  
Varieties & Sizes

**20% OFF**

Our propolis delivers the highest concentration of polyphenols and flavonoids on the market, as well as vitamin C, iron, B vitamins, and other uniquely beneficial compounds that support immune health.

- Delicious, sugar-free immune support Daily Dose of antioxidants, vitamins, and minerals.
- Soothes scratchy throats.
- Clean alternative to gummy vitamins.





comments@choices.market

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 Shop online at  
Choices.Market

## CHOICES MARKET LOCATIONS

### Kitsilano

2627 W 16th Ave, Vancouver  
604.736.0009

### Cambie

3493 Cambie St, Vancouver  
604.875.0099

### Kerrisdale

1888 W 57th Ave, Vancouver  
604.263.4600

### Yaletown

1202 Richards St, Vancouver  
604.633.2392

### Commercial Drive

1045 Commercial Dr, Vancouver  
604.678.9665

### Kelowna

1937 Harvey Ave, Kelowna  
250.862.4864

### South Surrey

3248 King George Blvd, Surrey  
604.541.3902

### Burnaby Crest

8683 10th Ave, Burnaby  
604.522.0936

### Abbotsford

3033 Immel St, Abbotsford  
604.744.3567

### North Vancouver

801 Marine Dr, North Vancouver  
604.770.2868

### Parksville

319 Island Hwy East  
250.947.8000

### Eco Audit

Reducing our environmental impact, we chose to print our newsletters on 100% post consumer recycled fibres. Look what we saved this month:

**Tree(s):** 27

**Waste:** 1,199 kg

**Water:** 97,773 L

**Greenhouse Gas Emissions:** 3,932 kg CO2

**Smog:** 5 kg NOx

**Energy:** 23 GJ

Results based on the Rolland Environmental Calculator



# DISCOVER THOUSANDS OF CANADIAN CHOICES

As a BC grocer, Choices Market has always made sourcing local and Canadian products our first priority. Building lasting relationships with growers and producers and fostering healthy, sustainable communities are core to who we are.

From fresh, farm-to-table produce to premium, local proteins, we offer thousands of Canadian-sourced products to help support our communities while nourishing your family.

